



**MARIANJOY**  
 AT OAKBROOK TERRACE  
 Wheaton Franciscan Healthcare

INTEGRATIVE PAIN TREATMENT CENTER

# Offering Solutions for The Management of Pain



HEADACHES • BACK AND NECK PAIN • FIBROMYALGIA  
 MYOFASCIAL PAIN • ARTHRITIS • SPINAL STENOSIS  
 JOINT PAIN • HEADACHES • BACK AND NECK PAIN  
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 HEADACHES • BACK AND NECK PAIN • FIBROMYALGIA



THE ONLY CARF ACCREDITED  
 PAIN PROGRAM IN ILLINOIS

## Marianjoy Solutions for the Management of Pain

Chronic pain interferes with the daily lives of 76 million people in the U.S. and accounts for 50 million lost work days every year. For some, it means spending between one quarter to half of their day resting and recuperating from normal activities.

The Marianjoy Integrative Pain Treatment Center in Oakbrook Terrace, Illinois, offers specialized programs to help individuals with chronic pain learn to manage their pain and regain functionality. The programs are designed for people who are willing to accept a “management” instead of “curative” philosophy for chronic pain.



## When is a Pain Management Program the Right Choice?

Individuals who are experiencing any of the following may benefit from a Marianjoy Pain Management Program:

- Pain that lasts more than three-to-six months
- Persistent pain after surgery despite treatment for the condition
- Pain that continues beyond the expected duration of a particular diagnosis
- Pain that is not attributable to cancer
- Current medications that are not effective
- Recurring joint pain and tenderness
- Osteoarthritis, rheumatoid arthritis, or fibromyalgia
- Unsuccessful conventional treatment methods and medical interventions
- Pain as a constant factor of everyday life
- Limitations in work, home or leisure activities
- Disrupted sleep patterns
- Downtime or frequent rest that interferes with day-to-day function on a regular basis
- Pain that interferes with the ability to think or process
- Pain that affects mood

# Effective Treatments for Painful Conditions

As the only CARF-accredited pain program in Illinois, our physicians and clinicians have extensive experience in treating the debilitating effects of chronic pain while offering solutions to maximize function.

## Common Pain Diagnoses

For over 30 years, Marianjoy's pain treatment professionals have been successfully treating individuals experiencing pain due to:

- Arthritis
- Central pain syndrome (i.e., phantom limb pain, post-stroke pain)
- Complex Regional Pain Syndrome (known as CRPS or RSD)
- Facet joint dysfunction
- Fibromyalgia
- Joint pain
- Myofascial pain
- Neck or back pain
- Nerve-related pain
- Pelvic pain
- Peripheral neuropathy
- Persistent headaches
- Persistent post-surgical pain
- Persistent radicular pain of spinal stenosis, arachnoiditis, herniated disc
- Post concussive headaches
- Sacroiliac joint dysfunction
- Spinal cord injury pain
- Temporomandibular Joint Dysfunction (TMJ)
- Whiplash injury

## Effective Treatments

Using a variety of techniques, our clinicians work to design a treatment plan that works best for each patient. Services provided may include:

- Acupuncture
- Acupressure
- ASTYM®
- Biofeedback
- Cold laser
- Cognitive-behavioral treatment for pain and sleep
- Cranio-sacral therapy
- Functional activity training
- Graded motor imagery
- Joint mobilization
- Instruction in individualized exercise programs
- Instruction in pain coping strategies
- Medication management
- Muscle energy techniques
- Myofascial release
- Neuromuscular re-education (retraining of muscles)
- Neurosensorimotor retraining
- Pain management techniques
- Posture and body mechanics
- Rehabilitation ultrasound imaging
- Sleep positioning and habits
- Soft tissue mobilization
- Support group

# Pain Management Programs Tailored to Meet Individual Needs

## One-on-One Pain Management Treatment

Our Integrative Pain Treatment Center offers individual therapies on an outpatient basis for people with acute or subacute pain, either at our Oakbrook Terrace facility or the Wheaton campus.

### One-on-One Physical Therapy Sessions

These physical therapy sessions are helpful in pain management, improving daily function and maximizing mobility. A therapist will spend one full hour (60 minutes) dedicated to focusing on the unique needs of each patient. All Marianjoy physical therapists are licensed, fully trained in manual therapy, and specialize in pain treatment.

### Individual Psychology Sessions Addressing Pain Management

A unique feature of the Marianjoy Integrative Pain Treatment Center includes a licensed psychologist specializing in pain treatment. Individuals learn coping skills, relaxation techniques, and behavioral management which are helpful when returning to everyday activities.

## Comprehensive Pain Evaluation for the Injured Worker

This half-day interdisciplinary evaluation provides the referring physician with a comprehensive review of the injured worker's condition, pain, and functional status in order to facilitate medical decision making. The evaluation is conducted by a team consisting of a physiatrist, a psychologist, and a physical therapist.

## Comprehensive Pain Management Programs

The Marianjoy Integrative Pain Treatment Center offers two programs designed to increase an individual's level of daily functioning and endurance, and decrease the reliance on medications. The programs seek to decrease pain, improve quality of life, and teach the use of life-long pain management skills.

These 21-day structured outpatient programs are designed for individuals who are experiencing significant downtime and lifestyle alterations due to pain.

### The Half-Day Morning Solutions Program

This less intensive pain management program is **for individuals who struggle with daily activities due to pain but are able to continue lower than desired levels of function at work and in their daily life.** Individuals enrolled in the program receive four hours of therapy per day. This program allows individuals to continue to work.

### The Full-Day Comprehensive Pain Management Program

This intensive program focuses on helping people manage chronic pain so they can be restored to a lifestyle of function and mobility. This program is **for individuals who are unable to perform daily activities and/or are no longer able to work.** Individuals enrolled in this program will receive 6-7 hours of therapy per day.

## Innovative Treatments

Our Integrative Pain Treatment Center offers these innovative therapies for people with acute or subacute pain at our Oakbrook Terrace facility.

### Biofeedback

Biofeedback is a non-invasive therapy technique that enables individuals to improve bodily impulse control to improve health and physical function. Biofeedback uses electronic measuring devices to monitor body functions such as:

- Muscle tension
- Breathing rate
- Heart rate and heart rate variability
- Skin temperature
- Galvanic skin resistance



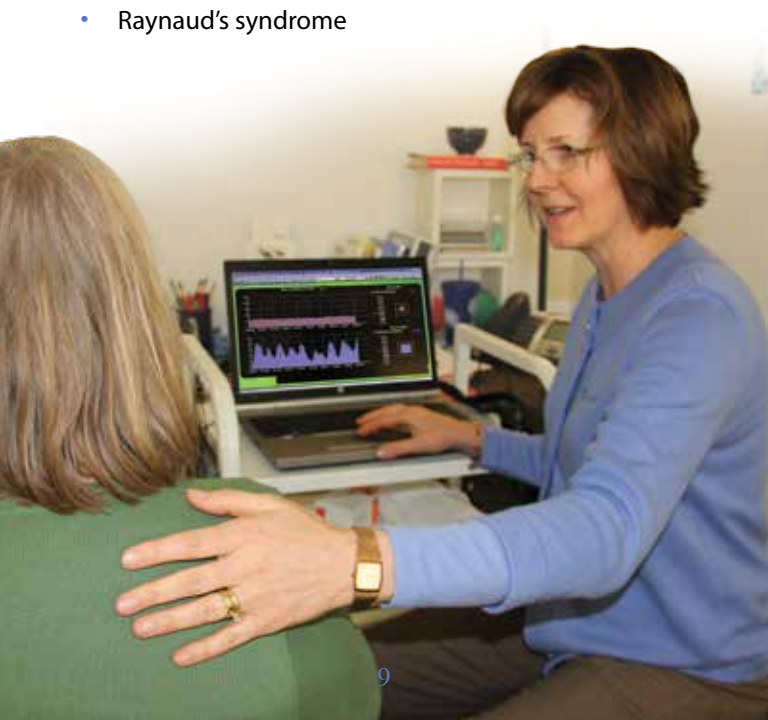


Using the data received from biofeedback, a physical therapist helps individuals modify responses to pain and stress within everyday life. An individual might be guided to:

- Sense muscle tension and move in new ways
- Breathe deeper and fuller, from the low belly
- Relax limbs in order to warm them
- Find synchrony between breathing and heart rate

Research has shown biofeedback to be effective in the following conditions:

- Headache including migraine, tension, and cluster
- Low back pain
- Postural issues, including forward head positioning
- Breathing issues related to pain
- Myofascial pain syndrome
- Muscle tension issues including over-use injuries, such as carpal tunnel syndrome
- Coordination and balance issues
- Stroke or brain injury rehabilitation
- Phantom limb pain
- Raynaud's syndrome



## The ASTYM® System

The ASTYM system (A-STIM), developed by experienced medical professionals, addresses scarring, fibrosis and degenerative soft tissues issue that often result from trauma, surgery or overuse. The ASTYM treatment technique stimulates the body to heal properly, regenerate soft tissue, decrease pain, and improve tissue and joint mobility. ASTYM is effective for new injuries as well as chronic, nagging conditions.



## Rehabilitative Ultrasound Imaging (RUSI) for Low Back Pain

Treatment using Rehabilitative Ultrasound Imaging (RUSI) therapy can result in an improved recovery and improve the activity levels in patients experiencing lower back pain. Research has shown RUSI can decrease recurrence of back pain by 54% in the first year after injury and by 40% for the following 2-3 years.



According to the American Pain Society, pain is the second leading cause of medically-related work absenteeism, resulting in more than 50 million lost workdays each year.



## A Dedicated Team

Patients benefit from the dedicated clinicians who make up the Marianjoy interdisciplinary team, including: a physiatrist who is board-certified in pain management, physical therapists who specialize in pain management, a psychologist, a nurse educator, a biofeedback specialist, and a case manager. As a team, the staff works with each individual to design a plan that addresses their unique needs.

### What You Can Expect:

- A full evaluation performed by a Marianjoy Medical Group physiatrist specializing in pain management
- A program designed specifically to meet the needs of each patient
- Individualized, structured physical therapy and psychology including one-on-one and group therapy sessions
- Education sessions offering information, resources, and support



# How to Refer or Make an Appointment

## Referral Process

If you think you or someone else may be a candidate for our program, an appointment may be scheduled with a physiatrist in the Marianjoy Medical Group at Oakbrook Terrace or other Marianjoy Medical Group locations. After completing a thorough pain evaluation, the doctor will devise an individualized treatment plan.

We work with insurers to determine the level of benefits for pain management services.

We encourage our patients to ask their insurance provider about coverage for physical therapy and psychology in the event those services are needed as part of the rehabilitation process.

## Physician Evaluation Appointment

To schedule an evaluation appointment with a board-certified physiatrist at the Integrative Pain Treatment Center, please call 630-909-6500. A referral from a primary care physician is preferred but not required to make an appointment.

## Therapy Appointment

To schedule one-on-one physical therapy with a therapist specializing in pain management, please call 630-909-6500. A physician prescription is required.

## Psychology Appointment

To schedule an appointment with a psychologist specializing in pain management, please call 630-909-6500. A physician prescription is recommended.

## For More Information

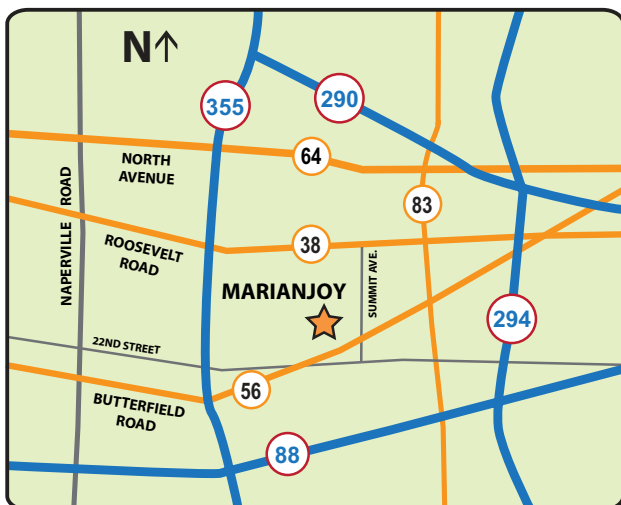
For more information on the Integrative Pain Treatment Program, Morning Solutions or any other services offered through the Marianjoy Integrative Pain Treatment Center, please call 630-909-6500. You may also visit [www.PainTreatmentProgram.com](http://www.PainTreatmentProgram.com) or [www.Marianjoy.org](http://www.Marianjoy.org).



## **Marianjoy Chronic Pain Support Group**

The Chronic Pain Support Group is for individuals living with chronic pain who are looking for support and who are willing to provide support to others. It is attended by individuals diagnosed with a variety of pain conditions such as fibromyalgia, arthritis and joint dysfunction, back pain, and chronic headaches. For more information, call 630-909-6500.

This support group meets at the Oakbrook Terrace location and is offered free to the community.



**Marianjoy's Oakbrook Terrace Outpatient Campus** provides a variety of rehabilitation services – Integrated Pain Management Program, Physical Therapy, Occupational Therapy, and Speech Therapy – with specific specialty services for Brain Injury including a Day Rehabilitation Program.

Additional services include Balance & Vestibular Therapy, Upper Extremity Lymphedema, Sports Injuries, Driver Rehabilitation, and Wheelchair Seating and Positioning.

Marianjoy's **JOINT ACCESS PROGRAM** at Oakbrook Terrace is a specialized outpatient program for patients experiencing orthopedic issues related to injuries, pain, hip and knee replacements, shoulder surgeries or congenital conditions.

Marianjoy's expert clinicians offer comprehensive outpatient services for all physical rehabilitation diagnoses. A full-time physiatrist in physical medicine and rehabilitation is available on-site to evaluate and develop specific treatment plans for each patient.

Conveniently located near the intersection of Butterfield Road and Summit Avenue, Marianjoy at Oakbrook Terrace is just minutes from Oak Brook Shopping Center and I-88.



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17W682 Butterfield Road  
Oakbrook Terrace, Illinois 60181

**630-909-6500**

[www.PainTreatmentProgram.com](http://www.PainTreatmentProgram.com)